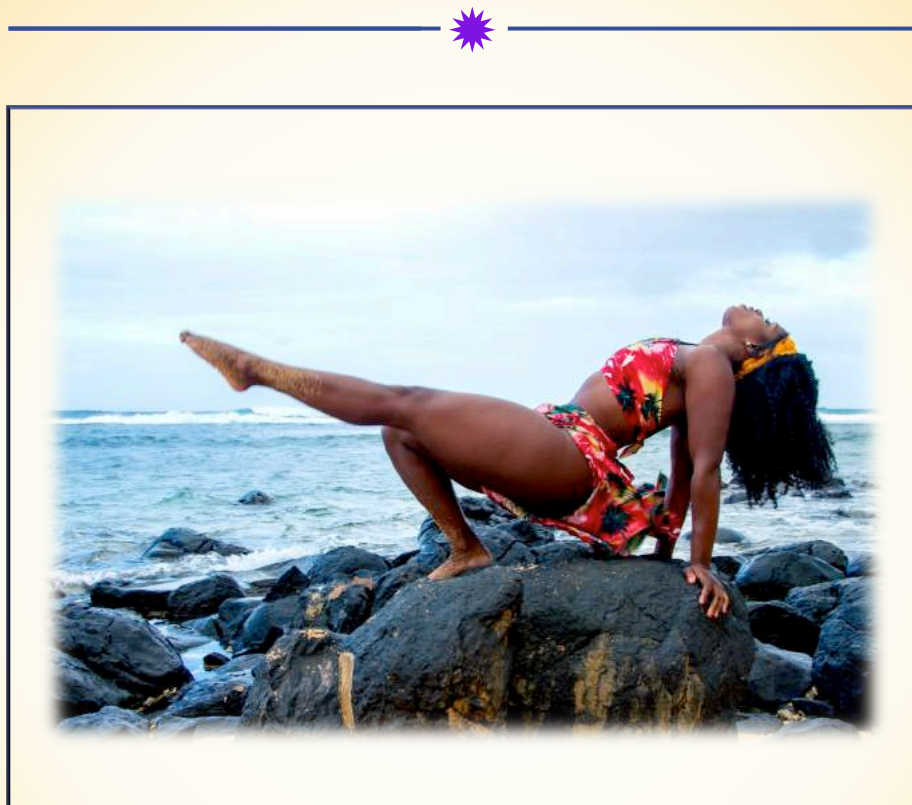


Practicing SAFE

YONI YOGA

What You Should Know about Using Toxic Yoni Eggs



WITH COURTNEY GARNER
AUTHENTIC TANTRA® PRACTITIONER, TIBETAN 5 ELEMENT HEALER

MAXIMIZE YOUR PRACTICE

Your favorite Tantra Instructor has compiled a list with valuable information on what eggs to keep out and why. Also included are tips on developing the most effective practice for healing and transformation, simply with Yoni Yoga.

The History of Yoni Yoga...

Back in the day of ancient China, the art of Yoni Yoga was taught only to the Empress and Concubines, reserving this secret to the fountain of youth, for Royal Yoni only. But today, we are all Royalty and can also benefit from the highly effective practice of Yoni Yoga.



Like ancient times, many *women practice Yoni Yoga to enhance vaginal tone and sensitivity.* It's recommended to aid in recovery after childbirth, ease the symptoms of menopause and PMS, enhance sensation and orgasm, and *increase fertility.*

Uniting Sexuality and Spirituality...

Yoni Yogi's across the world have used the practice to heal emotionally as well as sexually, bringing the body to a sense of wholeness. By consciously working on the muscles in the pelvic floor, the *mind/body connection is established* and they become stronger, healthier, and *energetically connected* to the body. This means more blood flow, energy, and awareness to the tissues as we experience the yoni awakening to pleasure, and gain empowerment to *heal our own trauma.*

Gaining awareness of our physical and energetic body is a crucial part of the Yoni Yoga Practice.

How does sexual energy feel, where does it go? How can I harness my chi?

These are questions you can answer yourself with **consistent practice**. The beauty about this stuff is just **DOING it** will reveal a whole new side of **self-connection and pleasure**.

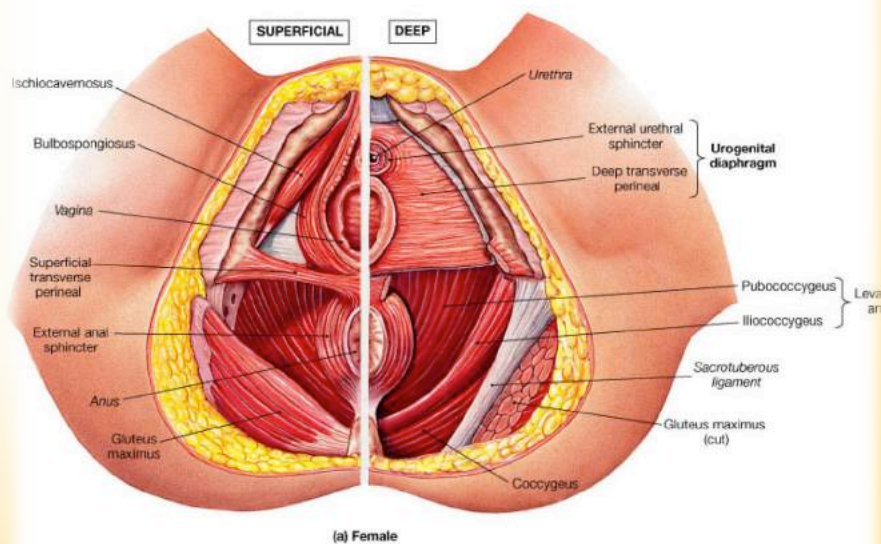
In general, *us humans tend to ignore our sexual reproductive system* until something goes wrong and we need help. *But we use it all the time!* Think about the muscles in your pelvic floor, who's job is to hold up your organs from gravity, *facilitate blood flow for pleasure and orgasm, and sometimes birth new humans!*

Pay Attention to Your Pelvic Floor...

The **pelvic floor** is definitely *taken for granted and neglected*, hence most women **BEGIN** their Yoni Yoga practice *later in life, after intentional healing becomes mandatory*.

The good news is, if you're reading this, now you know, and **all the tools you need for success** are available at your fingertips.

I believe the **secret ingredient to your own healing process is support**, so I've created a space online for women to practice Yoni Yoga with motivating support and expert guidance.



Yoni Yoga as an Energetic Practice...

Tibetan Medicine teaches that our bodies have a natural flow of energy called the *Downward Voiding Winds*. This **highway of energy channels manages our engorgement, emesis, and flow of sexual chi**. This is why women who do Yoni Yoga *continuously gain more awareness and connection to their sexual energy, and develop a variety of Orgasms*.

The First Eggs...

Going back to Ancient China, the **traditional yoni egg was green jade**. This stone brings *protection, good fortune, and balance to the nervous system* for healing trauma and **reducing stress**. As the practice spread, other compatible stones were discovered, **combining the metaphysical healing properties of crystals with Yoni Yoga**.

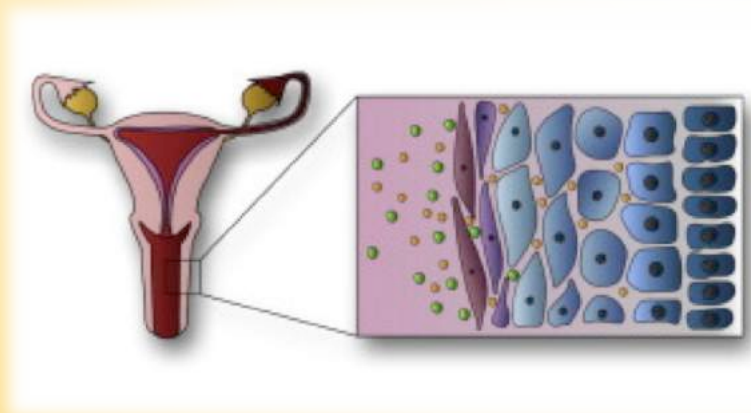


With the good word of yoni eggs getting out in the West, also came *an emergence of "eggs" made from a variety of materials and stones*. From silicone, to metal, to plastic, to imitation gemstone, **they offer us plenty of materials to use in our vaginas with NO disclaimer of the negative effects**.

Be Responsible with your Yoni

Manufacturers want to sell, women want pretty stones, and *public health is not a concern to most egg peddlers*. So it's our *personal responsibility* to know what goes in our bodies and *do the research*. Many of us spend so much time reading food labels, being careful not to overdue the processed sugars, and unnatural ingredients. *Doesn't it make sense to put just as much attention on what we put in our yoni?*

Think about the harsh soaps and deodorizing chemicals the vagina is exposed to on a regular basis. What we put in our bath water, detergent on underwear, body lotions, tampons, is all part of what I call the **Vaginal Intake**.



By discussing the *harmful affects* of using toxic yoni eggs, I hope to bring more *awareness to the Vaginal Intake*, and help those who care for, or have a yoni, to *decrease exposure to harmful substances*. Because women have *receptive anatomy*, it's vital to know what goes *IN*, physically and energetically.

*Putting things in your vagina should always be an informed decision; that's why I dedicated some time to create this super informative e-book, and **support women** in practicing Yoni Yoga in the healthiest, and most effective way possible.*



There are plenty of **gemstone substitutes** available that are very *pretty*, but should **NOT** be used in your body, so *this e-book will break down the "WHAT" and "WHY" of bad yoni eggs and signs you may have to repurpose yours.*

The vagina is in fact, like a *second mouth* and can *absorb toxins* from "*bad eggs*" and whatever you put inside. The *lining of the vagina is permeable*, which means *substances can enter the bloodstream, sometimes faster than oral ingestion.*

Some "*bad eggs*" on the list may be your favorites, and if so, **STOP** using them. Not to say you'll get sick immediately after using them, but things like *Asbestos, Aluminum, and Copper* are in some *commonly used eggs.*

I'd love to save anyone the trauma of dealing with **toxicity** or vaginal irritation, and instead *empower you* to get the most out of your Yoni Yoga practice. *If you have sensitive skin, chances are, your vagina may react to harmful materials in your eggs.*

I'll explain which stones to keep away from your yoni, and *signs that you may need to check your eggs.*

The Case of Jade...

Let's start with the most popular fraud on the market for Green Jade. *Jadeite and Green Aventurine contain aluminum.* Aluminum is the reason many of us no longer wear commercial deodorant. *So why put it in your yoni?*

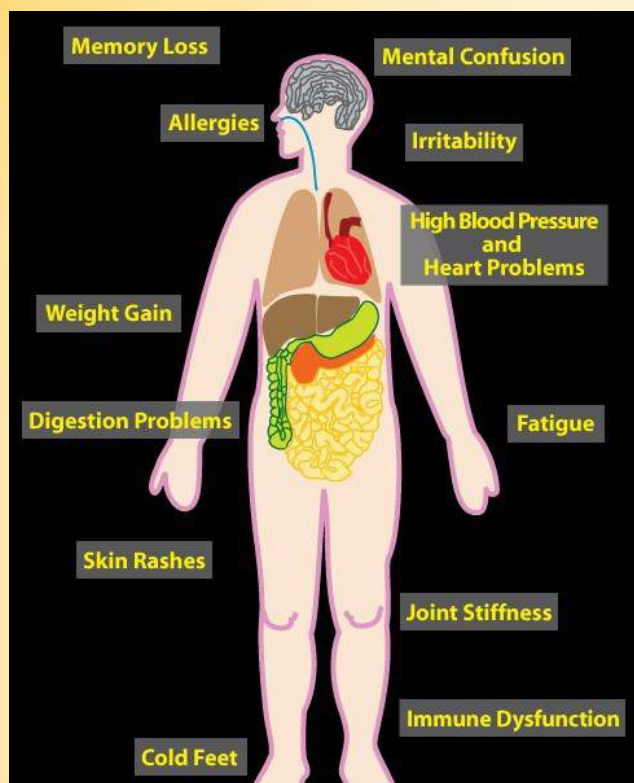
Aluminum competes with Calcium for absorption, affecting the skeletal system and making bones weak. Women are already prone to weak bones with Osteoporosis because of decreased estrogen production with age, so taking in more *doses of aluminum vaginally* can contribute to excess build up in the body. Scientists have also discovered a *link* between *breast cancer* and Aluminum from deodorant.

" Because estrogen has the ability to promote the growth of breast cancer cells, some scientists suggests that the aluminum-based compounds in antiperspirants may contribute to the development of breast cancer. "

-NIH National Cancer Institute

The Aluminum itself is not what's harmful. *It's the third most abundant metal in the Earth's crust and found in many gemstones.* *The problem is it's non-essential to any of our biological processes, and our bodies don't waste it effectively* when there's excess.

So what happens to Aluminum that we don't effectively waste? It *accumulates in the kidneys, lungs, liver, thyroid and brain where it affects the nervous system*, by producing oxidative stress and inflammation in the brain.



Continued research has found increased aluminum levels and brain *inflammation in Alzheimer's victims, up to 20x higher* than the blood of the middle aged participants.

Although you may not feel obvious affects of Aluminum in your body, it's *just not something we need building up in our bodies and slowly poisoning our brains.*

The GOOD Jade!

Jadeite and Green Aventurine are such popular jade subs, that *many don't think to double check* or question their suppliers since everyone's looks the same.

The jade you want is called **Nephrite Jade**, it's *non-toxic and provides the metaphysical boost to your healing practice*. Available in light, or dark green, both will work great for Yoni Yoga and add the energetic properties of protection, abundance, and emotional balance; you just have to know that it's real before you proceed.

Luckily, there's a *trick* to finding out if your eggs are genuine jade.

JADE EGG TEST:

Use a sharp point or blade to lightly score your eggs surface. Use a fingertip to feel for raised edges, if you were able to cut the stone, it's too soft and not genuine jade. *The real stuff will stay smooth.*



Volcanic Rock for Yonis...

Another popular stone often used to *heal sexual trauma*, is *Obsidian*, which is actually volcanic rock! This stuff gets the green light as a great stone for Yoni Yoga, especially when healing the heavy stuff. If you have a black stone, make sure it's NOT **Black Tourmaline**. Black Tourmaline is a great protection stone but also contains *Aluminum*, so use Obsidian instead, and make a necklace out of the other one.



Aluminumati...

One last Aluminum containing egg to look out for is **Moonstone**. This clear, iridescent stone is called Labradorite and contains **Aluminum**. It's best used as a healing crystal, as It offers energetic support for new beginnings, enhanced intuition, and stimulates imagination in the 3rd eye.



Pretty and Dangerous...

Who doesn't love some beautiful Lapis Lazuli ...a deep blue semi-precious stone marbled with white and gold, composed of Calcite, Pyrite, and Lazurite.



Despite its beauty, it will secretly produce sulfuric acid in your yoni

while you use it. Part of the Lapis composition, the golden part, is **Pyrite**, a mineral that *produces sulfuric acid when exposed to moisture*. The last time I checked, Yoni Yoga is a "moist" practice and has *no place for Lapis Lazuli*. If you've ever used a Lapis egg and felt irritation afterwards, you know why!

Dissolving Eggs...

The other part of Lapis Lazuli, **Calcite** (white streaks) is a component of *sedimentary rock*. This means the stone will **slowly disintegrate**, with each use, *in your yoni*. Since Lapis Lazuli and pure Calcite are commonly sold as yoni eggs, it's important to *pass this information on to the next woman, and save a yoni!*



Calcite ranges in color from orange to blue hues so ask your gemologist to be sure.

More Rusty Stuff...



Another stone that reacts with moisture is **Bloodstone (Hematite)**. Bloodstone rusts with continued exposure to moisture.

With the frequent washing and use of your eggs, you can't stand to take a risk with eggs that will rust.

*The rust itself may not hurt you, but a **rusty egg can irritate and erode your vaginal lining** paving the way for infections and regret. Sounds like good enough reason to put your Bloodstone egg on a nice stand and use in your more **dry** healing rituals. Bloodstone provides **grounding for negative energy**, full body purification, and brings **Love** to the situation.*

The Eye of the Tiger...

There's a unique dark stone called **Tiger Eye** that's used to make beautiful wands and eggs. This dark brown, golden streaked stone is made of metamorphic rock that sometimes contains streaks of **Hematite, the stuff that rusts when wet.**

Even more important, **Tiger-eye** contains **Asbestos**, made of microscopic fibrils that break off with friction. Besides the whole *"micro fibrils breaking off in the vagina part,"* Why don't we like Asbestos again? **Cancer, yes!**

Asbestos is a known carcinogen causing 2,400-2,800 new cases of Mesothelioma a year. This is why we **still** see commercials eagerly providing legal services for Mesothelioma caused by exposure to Asbestos. *Not to say using Tiger Eye yoni eggs will give you cancer*, but whatever we put in the yoni, can **affect our whole system**, so it's important to be aware of our intake from all angles.



Tiger Eye does provide *protective energy* that can help **clear emotional blocks**, so it can be used for a variety of other *external applications*, and still be part of your healing rituals.

Beware of the Serpentine...

To ditto the toxicity of Tiger Eye, **Serpentine** also contains Asbestos and will *shed micro fibrils with continued use*. Instead, use as a healing crystal to **attract prosperity and abundance**, and help reconnect with source energy. Serpentine is used to help **recollect past lives and stimulates the crown chakra**, so just use it somewhere *besides your yoni*.

Knowing that Serpentine and Tiger-eye contain Asbestos, I'd recommend **not** using them in ways that **apply friction** to the stone. The micro fibrils can travel by air to the lungs. Basically, sit them somewhere to look pretty.



The “Cu” in Your Cooch...

Copper toxicity is definitely a possibility when using the wrong stones, and the *symptoms can easily go unnoticed*. If you've used Malachite, Chrysocolla, or Turquoise eggs you may have felt symptoms of Copper toxicity. Physical signs include **fatigue, irritability, headache, pain, and tremors**, to name a few.

COPPER TOXICITY: “Excess copper can cause dramatic imbalances in two key neurotransmitters, and may lead to **depression** or behavioral/learning issues. For example, 68% of all ADHD kids have a tendency for very high levels of copper. Excess copper can cause inattention, anxiety and hyperactivity. Copper is especially problematic for **women** because **estrogen** and copper are proportionately related. If you're high in estrogen, you'll be high in copper.” - William J. Walsh, PhD

www.walshinstitute.org

This is because Copper accumulates in the blood and can cause *inflammation, hormone imbalance, disrupting estrogen and insulin levels*.

There are *several other stones you should avoid* putting in your vagina, but in order to be effective, I've provided the ones that are *sold specifically as yoni eggs*.

So which ones are good to use?

Besides the traditional jade, **Rose Quartz** is currently the most *popular stone* used for Yoni Yoga. This is partly due to the **lack of genuine jade available**, and because rose quartz has all the qualities perfect for *yonis healing*.



The stone resonates with the *heart chakra*, the energy of unconditional **love and compassion**. It's a gentle feminine energy, making it compatible for opening up the body to heart connection.

In the yoni egg arena, it's important to be hard. Some stones, depending on composition, *are too soft to be used internally*, whether toxic or not.

Rose Quartz is a 7 on the Moh's scale...a diamond is a 10, so this thing *won't break on you!* Its pink hue is naturally created by silicon dioxide reacting with titanium. *Other yoni safe Quartz are Amethyst, Clear Quartz and Citrine.*

Mohs Hardness Scale

| Mineral Name | Scale Number | Common Object |
|--------------|--------------|-------------------------|
| Diamond | 10 | |
| Corundum | 9 | Masonry Drill Bit (8.5) |
| Topaz | 8 | |
| Quartz | 7 | Steel Nail (6.5) |
| Orthoclase | 6 | |
| Apatite | 5 | Knife/Glass Plate (5.5) |
| Fluorite | 4 | |
| Calcite | 3 | Copper Penny (3.5) |
| Gypsum | 2 | |
| Talc | 1 | Fingernail (2.5) |

↑ Increasing Hardness

And Lastly...Don't leave your yoni eggs in All Day!

Leaving your eggs in all day *adds to the unnecessary tension in the pelvis*. There's already a natural contraction in these muscles to hold up all your organs from gravity. The goal with our practice is to *relax and open up*, so *wearing stones all day can contribute to LACK* of sensation and orgasm. *It's like hunching your shoulders all day*. Constant tension is the opposite of where we want to go. Healthy relaxed tissues carry blood and energy, waking the Yoni from years of slumber. *Do your workout, take them out and let the Yoni chill...*

The Great Awakening



Tantra has taught me *the yoni knows more than we do*, and learning how to listen and understand yours, is a vital part of a Yoni Yoga Practice. As we practice, the dots will begin to connect and we start to feel the *difference in awareness and sensation*, in *more than just our bodies and physical experience*.

Gold Medal P*ssy...

For a Tantrica, Yoni Yoga *isn't about having an Olympic Vagina...* you won't see me *hanging barbells from my yoni*. A strong vagina is a great thing, but without incorporating the healing aspect, often gets reduced to a parlor trick. For me, it's about cultivating a **deep, pleasurable connection with yourself, your body, and ultimately LIFE as a whole.**



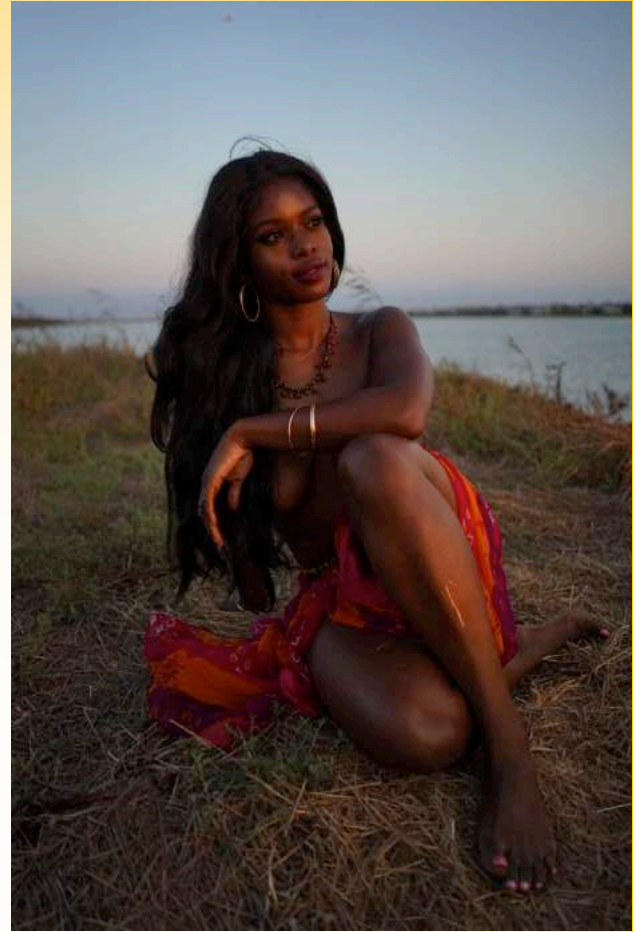
Yoni Yoga is a **spiritual practice** that develops connection with our *body, mind, and spirit, embracing the whole human, including Sexuality.*

Reasons Women Learn Yoni Yoga...

- Stimulate new nerve growth in areas of numbness.
- Awaken areas of disassociation from trauma.
- Build control of dribbling and prevent incontinence in old age.
- Easier periods, less pain, faster drain!
- Improve circulation to bring more sensation to your vagina.
- Snapback after childbirth and feel sexy again!
- Awaken and Expand Orgasm
- Cultivate Body Awareness
- Harness Sexual Chi for healing and Manifestation

Why I Love Yoni Yoga

As an Authentic Tantra® Practitioner, Yoni Yoga practice was taught as part of my spiritual regimen, and thankfully so. The world is not short on Yoni Yogis of all skillsets and levels, but the Universe aligned me with a *practice intent on uniting Spirit and Sex*, so that *I could love myself completely, without shame or guilt*. I'm with the **1 in 4 women** in America who have *experienced sexual abuse* and need a way to *transform their relationship with the body and sexuality*.



Today, I could brag about how I can isolate movements in my vagina, have multiple vaginal orgasms, make a man cum without moving my hips...but what I'm *most grateful for is the ability to FEEL my whole body*, and for that to feel **GOOD** to me. I'm grateful to be in tune with my yoni and feel empowered.

For many of us *healing from sexual abuse and emotional trauma*, *paying this much attention to our yoni can feel like a huge NO*. But with *guidance and compassionate support*, we slowly begin to say YES to ourselves. YES to pleasure, YES to self-love and acceptance, YES to advocating for our needs and desires.

You Deserve it

Many of us go through life *accepting "ok" instead of "orgasmic"* and deny ourselves the happiness and pleasure we deserve. If you're ready to say **YES to yourself**, I invite you to join millions of other women in practicing Yoni Yoga.

With the information I've provided, you can now start your Yoni Yoga practice *informed and confident* about the eggs you use. Here's a shortcut to get quality, non-toxic eggs at [The TantraWand Store](#).

Choose from small or medium **genuine jade and Rose quartz eggs**, which have been *charged in the sun and blessed repeatedly* with Medicine Buddha Prayer. They are specifically intended as healing tools, so use them as energetic support to enhance your healing practice.



Help Getting Started

If you're like me, and prefer learning with an instructor versus reading steps, visit [Absolute Tantra](#) and **book a personal coaching session**. I'll help you *customize, and implement a holistic Yoni Yoga practice that meets your needs for healing and awakening*.

"I can only be grateful that there's a legit way to heal emotionally and transform my mind by playing with my Vagina. "



Tantra isn't for Everyone...

*My special sauce is that I teach from experience, combining elements of my Authentic Tantra® practice with Yoni Yoga. I've been experiencing my body awakening over the years and am excited to **empower** you to do the same. With me as your **Coach**, you have no choice but to succeed.*

Tantra isn't for everyone, but you'll feel it resonate when it's for you. It's highly effective when applied with **heart**, and **consistency**. *Sounds intense*, but all any Yoga or practice is, is a set of *new habits for new results*. Part of **having a coach** is finding ways to easily integrate habits and feel results without *busting your ass*. I offer instruction on the *Tibetan 5 Element* Healing system *Yoni & Lingham Massage, Semen Retention, even advanced Tantra for Couples*. I'm a huge advocate for helping *Men, Women and anyone in between*, heal and unlearn negative conditioning that's pretty much *screwed up our evolution and happiness*.

It Starts with Awareness...

Remember that awareness is the first step in healing and transformation. If you're aware of the lack of pleasure and connection in your life, and what that's costing you, *the ball's in your court*. I know the struggle of sexual healing personally, and am here to **empower and encourage** you to *live in Greatness!*

Contact Courtney for personal coaching, workshops, and booking for events.

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Yoni- Sanskrit word for Vagina meaning Sacred Space

Resources:

The TantraWand Store

<https://www.absolutetantra.com/tantrawand-store/>

YouTube Video on Toxic Yoni Eggs

<https://www.youtube.com/watch?v=pCheZakt9HU&t=9s>

Learn More about Absolute Tantra

<https://www.absolutetantra.com/>

Institute of Authentic Tantra Education

<http://authentictantra.com/>

Gemstone Information

<http://www.crystalguidance.com/articles/crystalcautionlist.html>

<http://www.minerals.net/mineral/serpentine.aspx>